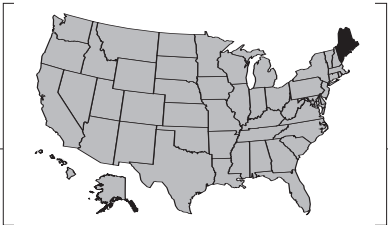


The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005



Maine

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	12.7
Age 10-11	21.9	18.3
Age 12-14	14.4	11.4
Age 15-17	10.7	10.4
0-99% Federal poverty level	22.4	17.0
100-199% Federal poverty level	19.0	17.7
200-399% Federal poverty level	13.7	13.6
400% Federal poverty level or more	9.1	6.0
Male	18.1	16.8
Female	11.5	8.5
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	67.3
Age 10-11	78.2	74.3
Age 12-14	74.2	75.9
Age 15-17	63.3	54.5
Male	76.8	72.9
Female	65.6	61.6
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	69.8
Age 10-11	61.5	79.1
Age 12-14	61.6	71.3
Age 15-17	53.4	62.2
Male	62.1	69.1
Female	55.0	70.4
Percent of children with at least one parent who exercises regularly	72.9	78.4